

## ABSTRACT

An exercise bar cord impingement assembly permits exercise in two modes, defined in terms of how cord anchoring is arranged. It also permits exercise to be conducted either with a stretchable cord and handgrip together connected to the bar's body or just the stretchable cord itself so connected. In either case, there are slots in the bar's body to slide the cord through. Specially shaped wells or nests accommodate impingement of the elastic cord and firm handgrip emplacement. The ends of the bar's body are preferably shaped into pipe bowl configuration disposed to insure a good fit and avoid torque.

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